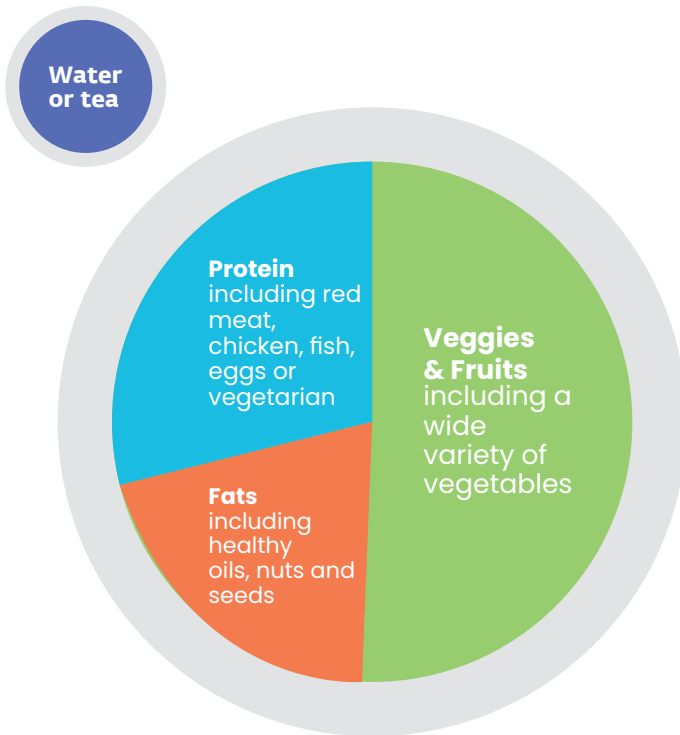
Composition of Your Meal

Anytime meal

Water or tea

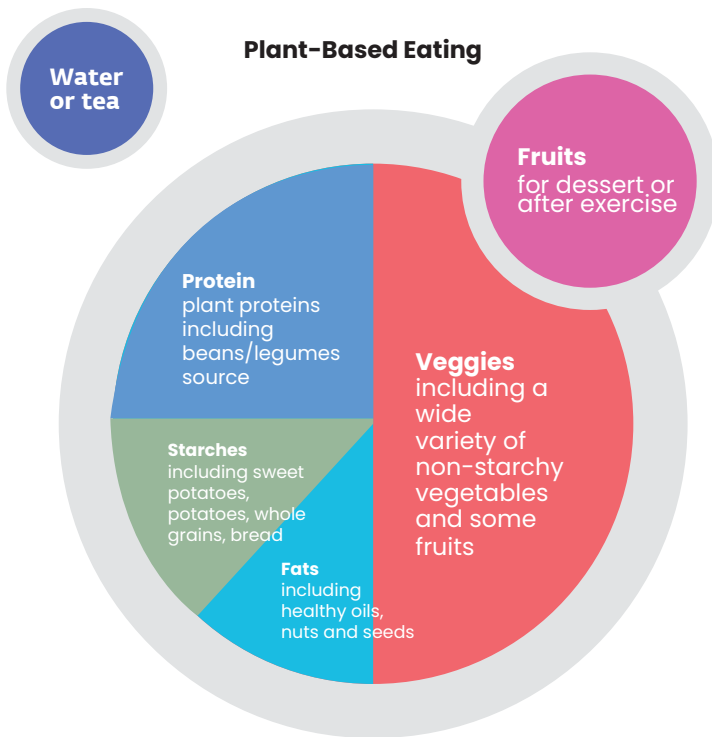
Protein including red meat, chicken, fish, eggs or vegetarian

Veggies & Fruits including a wide variety of vegetables

Fats including healthy oils, nuts and seeds

- Eat slowly and stop eating when you're 80% full.
- Save the starchy carbohydrates for the meal after your exercise.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your body size.

Souce: Precision Nutrition

Composition of Your Meal

If you consider only plant based source, this is how your meal should look like:

- Eat slowly and stop eating when you're 80% full.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Take your plate outside and eat in the sun for extra vitamin D.
- After the meal, freshen your breath with a piece of vitamin B-12 gum.
- Follow hunger cues. Eat more or less based on your appetite.
- Use smaller or larger plates based on your own body size.

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